

## Banana Pudding in a Bag

### Ingredients:

- 1 banana
- 6 tablespoons applesauce, unsweetened
- 2 tablespoons vanilla low-fat yogurt
- 1 sheet graham cracker, or 1/4 cup granola

### Equipment:

- Knife
- Cutting Board
- Measuring Spoons
- Can Opener
- Quart Size Plastic Bag with zippered Closure
- Bowl

Number of Servings: 4  
 Preparation Time: 5 minutes  
 Total time: 5 minutes

### Directions

1. Place all ingredients in a bag, and squeeze out air.
2. Squish to mix all ingredients together.
3. Make a cut in the corner of the zipped bag and squeeze pudding in a bowl.
4. Or it can be divided by 4 and made in sandwich zipped bags for individual servings.

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### Nutrition Facts

Serving Size: 1/2 cup	
Servings: 4	
Amount Per Serving	
<b>Calories</b> 50	Calories from Fat 5
%Daily Value*	
<b>Total Fat</b> trace g	1%
Saturated Fat trace g	1%
<b>Cholesterol</b> 1mg	1%
<b>Sodium</b> 16mg	1%
<b>Total Carbohydrate</b> 12g	4%
Dietary Fiber1g	4%
<b>Protein</b> 2g	2%
Vitamin A 9%	Vitamin C 5%
Iron 1%	Calcium 2%
*Percent Daily Values are based on a 2,000 calorie diet.	



**TIP: let kids make their own by dividing all ingredients by 4 and putting them into small zip lock sandwich bags.**

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